



# Handouts

# ► Daily Meal Plan

## Fat

0 grams carbohydrate/serving  
Servings \_\_\_\_\_

1 Teaspoon Oil  
or Margarine



Table Sugar  
or Candy



## Sweets

(Other Carbohydrates)

15 grams carbohydrate/serving  
Servings \_\_\_\_\_

## Milk

12 grams carbohydrate/serving  
Servings \_\_\_\_\_



## Meat

0 grams carbohydrate/serving  
Servings \_\_\_\_\_

## Vegetable

5 grams carbohydrate/  
serving  
Servings \_\_\_\_\_



## Fruit

15 grams carbohydrate/  
serving  
Servings \_\_\_\_\_

## Starch

15 grams  
carbohydrate/  
serving  
Servings \_\_\_\_\_



# Hyperglycemia (High Blood Glucose)

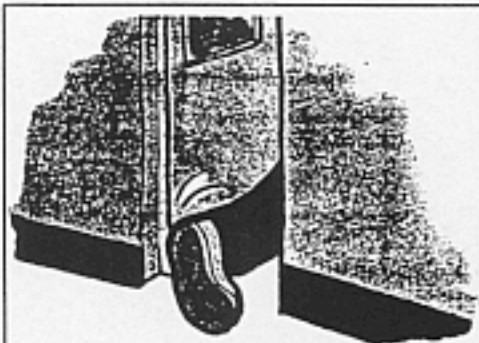
**Causes:** Too much food, too little insulin or diabetes medicine, illness or stress.

**Onset:** Gradual, may progress to diabetic coma.



**EXTREME THIRST**

## SYMPTOMS



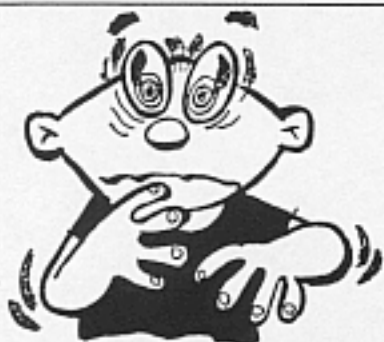
**FREQUENT URINATION**



**DRY SKIN**



**HUNGER**



**BLURRED VISION**



**DROWSINESS**



**NAUSEA**

**WHAT  
CAN  
YOU  
DO?**



**TEST BLOOD GLUCOSE  
TEST KETONES**



**If over 250 mg/dL for several tests  
CALL YOUR DOCTOR**

# Hypoglycemia (Low Blood Glucose)

**Causes:** Too little food, too much insulin or diabetes medicine, or extra exercise.

**Onset:** Sudden, may progress to insulin shock.

## SYMPTOMS



**SWEATING**



**ANXIOUS**



**DIZZINESS**



**HUNGER**



**IMPAIRED  
VISION**



**WEAKNESS  
FATIGUE**



**HEADACHE**



**IRRITABLE**

**WHAT  
CAN  
YOU  
DO?**



Drink 1/2 glass of orange juice or skim milk, or eat several hard candies.



**TEST BLOOD GLUCOSE**  
If symptoms don't stop, call your doctor.



Within 30 minutes after symptoms go away, eat a light snack (a 1/2 peanut butter or meat sandwich and a 1/2 glass of milk).

**Treatment may vary with different medications.**

## HEALTHY FOODS

**Dairy:** **2 Servings a Day** (1 cup milk or yogurt)

- ) Fat-free or 1% milk or buttermilk
- ) Plain or “light” yogurt (sweetened with Aspartame 80-120 calories per 8 oz. Container)
- ) Evaporated skim milk (½ cup)

**Fruit:** **3 Servings a Day** (½ cup juice or canned fruit, 1 small piece of fresh fruit. 1 melon wedge, ¼ cup dried fruit)

- ) Fresh fruit
- ) No sugar added or unsweetened fruit juice “light”  
canned fruit or fruit packed in its own juice
- ) Unsweetened frozen fruit
- ) Dried fruit

**Breads/  
Cereals/  
Grains/** **6 Servings a Day** (1 slice of bread, 6 crackers,  
½ cup cooked cereal, rice, pasta or potato, 1 oz.  
1 oz. dry cereal; ½ bagel or roll)

- ) Bread, bagels, rolls (hole grains are best)
- ) Rice, pasta, macaroni, spaghetti, noodles, barley, grits,  
cornmeal , corn, hominy
- ) Potatoes, sweet potatoes, yams, plantain, verduras,  
viandas
- ) Cooked dried peas and beans, lima beans, lentils, green  
peas
- ) English muffin, hamburger roll, pita bread, tortillas

- ) Non-sugar coated cereals (Cornflakes, Rice Krispies, etc.)

## **HEALTHY FOODS** (cont'd)

- ) Cooked cereal (oatmeal, Cream of Wheat, Farina)
- ) Unsalted low fat crackers, Graham Crackers, Matzoh

**Vegetables:** **3 Servings a Day** ( $\frac{1}{2}$  cup cooked or 1 cup raw vegetable or salad)

- ) Fresh or frozen vegetables without sauces
- ) No salt added canned vegetables

**Meat/Meat Substitutes:** **2 Servings a Day** (2-3 oz. Cooked meat,  $\frac{1}{2}$   $\frac{3}{4}$  cup cottage cheese or tuna fish/salmon. 1 egg)

**Beef:** Round (top, bottom, eye), tenderloin, super lean ground meat, sirloin

**Pork:** Boneless lean center-cut loin, tenderloin or chops, or sirloin roasts

**Veal:** All cuts except loin, rib or ground

**Poultry:** Chicken, turkey, and Cornish game hen without skin

**Fish:** All fresh or frozen plain fish, lower salt canned tuna or salmon

**Shellfish:** All shellfish can be used **but use shrimp only once a week**

**Cheese:** 1% or non-fat cottage cheese or ricotta

**Egg:** 3-4 regular eggs week; **egg substitutes can be used more often**

## HEALTHY FOODS (cont'd)

**Fats/Oils:** Use only in **small** amounts

- ) All oils (except coconut, palm, and palm kernel oil) and margarine that lists liquid oil as the first ingredient, (light or diet margarine)
- ) Unsalted nuts and seeds
- ) Mayonnaise and salad dressings (try using reduced fat/reduced salt varieties)

**Lower Sugar  
Lower Fat  
Desserts:** Use only **ONE** of these a day

- ) ½ cup fat-free, no sugar added ice cream
- ) ½ cup regular gelatin
- ) ½ cup no sugar added pudding
- ) 6 vanilla wafers
- ) 1 small uniced cupcake
- ) ½" slice pound cake or angel cake

**Other Foods:**

- ) Frozen dinners with less than 600-mg sodium and less than 15 gm fat
- ) Lower salt or low sodium soups

# NOT SO HEALTHY FOODS

**These foods are high in fat, saturated fat, sugar and/or salt. Try to use these foods infrequently.**

<b>Dairy:</b>	Whole milk, whole milk yogurt, sugar-sweetened yogurt, ice cream
<b>Meat/Meat Substitutes:</b>	Fried meats, fish or poultry, lunch meats (bologna, salami, liverwurst, etc.), sausage, bacon, pepperoni, frankfurters, spare ribs, corned beef, pastrami, poultry eaten with skin, regular ground meat, prime rib, brisket, organ meats (liver, kidney, brain, etc.), more than 4 whole eggs a week
<b>Vegetables:</b>	Fried vegetables (i.e., french fries, eggplant parmigiana), vegetables in butter, cheese or cream sauce
<b>Fruits:</b>	Fried fruit (i.e., banana chips), fruit canned in heavy syrup, sweetened apple sauce
<b>Breads/ Cereals:</b>	Breads with cheese in them or with icing or frosting, croissants, pastries, sweet rolls, doughnuts, biscuits, fritters, fry bread, bread stuffing or dressing, sugar frosted cereals, high fat crackers (i.e., Ritz, cheese crackers)  Pasta and rice mixtures made with cream, butter or cheese sauces, (i.e., Fettuccine Alfredo)



## NOT SO HEALTHY FOODS (cont'd)

**Fats/Oils:** Butter, lard, bacon, shortening, coconut, cream, sour cream, cheese, chocolate, salad dressings (i.e., those made with egg yolk, cheese, sour cream, whole milk), coconut oil, palm oil, palm kernel oil

**Sweets/Snacks:** Sugar, syrup, jam, jelly, marmalade, molasses, honey, cranberry sauce, pies, cakes, cookies, candy, regular soda, lemonade, ice tea, koolaid, fruit punch, chocolate milk, potato/corn/snack chips

## **FOOD SHOPPING TIPS**

**Buy cuts of beef, pork, and lamb that have only a little fat on them.**

**Choose super-lean ground beef.**

**Choose fish and poultry more often than red meat.**

**Choose low fat or fat free cottage cheese or ricotta cheese.**

**Choose a margarine that lists liquid oil such as corn oil, soy oil, or vegetable oil, as the first ingredient on the label.**

**Buy frozen dinners that contain 600 mg of sodium or less and 15 grams of fat or less.**

**Use “light” margarine and “light” mayonnaise. They contain half the calories and fat of the regular product.**

**Choose small pieces of fruit: small apples, small oranges.**

**Buy canned fruit packed in it’s own juice or “light” canned fruit.**

**Choose fat free or 1% fat milk or buttermilk.**

**Choose plain or “light” yogurt (sweetened with aspartame or other noncaloric sweeteners). It should have no more than 80 to 120 calories in an 8 ounce container.**

**Choose whole grain foods such as whole grain breads and crackers, whole grain tortillas, brown rice, bran cereals, and bulgur.**

**Pretzels, low fat crackers, and matzos are good choices for low fat snack foods.**

## **COOKING TIPS**

**Use whole wheat or other whole grain flours in cooking and baking.**

**Trim all visible fat from meat and poultry.**

**Use low fat ways to cook meat, fish, and poultry: broil, grill, stir fry, roast, steam, stew. Use fried foods sparingly.**

**Remove skin from chicken and poultry.**

**To flavor meats, use vinegar, wine, lemon juice, salsa, herbs, and spices. Soy sauce or teriyaki sauce can be used if sodium is not restricted.**

**Use vegetable oil spray instead of oil, shortening, butter or margarine when cooking meats, poultry and fish or when stir-frying vegetables.**

**Use mustard instead of margarine or mayonnaise on a sandwich.**

**Steam vegetables using a small amount of water or fat free broth.**

**Use low fat or fat free salad dressings on raw vegetables and salads.**

**Add a small piece of lean ham or smoked turkey to season vegetables.**

**To flavor vegetables add some chopped onion or garlic, vinegar, lemon or lime juice or sprinkle with herbs and spices.**

## **FOOT CARE FOR THE PERSON WITH DIABETES**

- **Check the feet every day. Look at the top and bottom. Look for cuts, scratches, reddened areas, blisters, cuts between the toes, color changes, calluses, corns, ingrown toenails, and open sores.**
- **If you notice any changes, call the visiting nurse.**
- **Feel for temperature changes in the feet. If the feet are warmer in certain areas, call the visiting nurse.**
- **Check for swelling of the feet.**
- **Wash the feet using a mild soap and lukewarm water. Do not soak the feet unless directed by the visiting nurse. Soaking the feet can cause the skin to dry and crack.**
- **Use a soft towel to dry the feet. Dry between the toes.**
- **Rub lotion on the feet, but not between the toes. Check with the visiting nurse about what lotion to use.**
- **Do not cut the toenails.**
- **Make sure your client has shoes and socks on. NEVER ALLOW THE CLIENT TO GO BAREFOOT.**
- **Don't use hot water bottles or heating pads unless specifically instructed by the visiting nurse.**
- **Do not remove corns or calluses. That is the responsibility of the health care provider.**
- **Instruct the client not to sit with their legs crossed. This can slow down circulation to the legs and feet.**

## ***PRACTICE POINTS FOR TAKING CARE OF PERSONS WITH DIABETES***

*As the Home Health Aide, you may be asked to help your client check their blood glucose. You may be asked to get the supplies together and help set up the meter and other supplies. If you have been asked to check the client's blood glucose with the meter, the visiting nurse is responsible for showing you how to use the equipment and how to document the reading. The visiting nurse will also instruct you and the client about the times the blood glucose should be checked. Check your Agency's policy about finger sticks. Some agencies permit the HHA to do finger sticks.*

*If you are asked to check the urine for glucose, the visiting nurse is responsible for showing you how to test the urine for sugar and where to document the result.*

*The visiting nurse should tell you the correct times to assist with or perform a urine test for ketones. When checking the urine for ketones, a strip with a small pad of specially treated paper on the end is dipped into the urine and removed. After a specified time, the color change on the pad is compared to the colors on the container of strips. If the color has changed, the client has ketones in the urine. If there are ketones present, you should notify the visiting nurse.*

*It is the responsibility of the visiting nurse to review with the HHA the signs and symptoms of side effects of the insulins and/or medications. You may be asked to remind the patient that it is time to take the insulin and/or medications. Aides are not permitted to give insulin or other medications.*

*You need to let the visiting nurse know if the client has any of the signs of high blood glucose, ketones in the urine, nausea and vomiting, abdominal pain, or confusion.*

*A low glucose can happen quickly. If not treated, the person may get confused, pass out or have a seizure. The person may not be able to swallow. If the person cannot be aroused or cannot swallow, call for help immediately (911).*

*If you have treated the person with food 2 times at 15 minute intervals, you should notify the visiting nurse*

*It is the responsibility of the visiting nurse to review correct foot care with the HHA. If you notice any changes in the feet, call the visiting nurse. The HHA should never cut toenails.*

*If you notice any bleeding from the gums, or red and swollen gums, bad breath, pus, white or red patches, dark spots or loose teeth, or if the client complains of pain, notify the visiting nurse.*

*Keep the skin dry and clean. Use powder in areas where skin touches skin. Use moisturizing lotion to prevent the skin from becoming dry but never between the toes unless directed by the visiting nurse. Use mild soaps. Notify the visiting nurse if you notice any reddened areas or wounds.*

*The Home Health Aide should inform the nurse if the timing of meals and/or the amount of food eaten at each meal is haphazard and not about the same each day. Also, it should be reported if the client skips meals.*

*The Home Health Aide should notify the nurse if the client appears to be eating normally but the blood glucose levels remain high.*

*The Home Health Aide should report to the nurse if the client is not eating enough food. The HHA should report the client's requests for food, even if they seem to be wrong foods for a person with diabetes.*

*The Home Health Aide should encourage the person who is not successful at losing weight. Having good blood glucose control is the most important thing. Weight loss is not the only way to obtain good control.*

*Carbohydrate (starches and sugars, including sugar found naturally in milk, fruit, and some vegetables) is most responsible for the rise in blood glucose after a meal. These foods must be carefully controlled whether a person is counting carbohydrates or using some other method of meal planning.*

*Many persons with diabetes use the Nutrition Facts label to see how much sugar is in the product. Look, instead, for Total Carbohydrate. All carbohydrate causes a rise in blood glucose after a meal.*

*All types of carbohydrate count, not sugar alone. It is easy to eat too much carbohydrate when eating sugary foods because they usually contain a lot of carbohydrate.*

*Sugar-free or no-sugar added foods are not necessarily free foods for the person with diabetes. Most of these foods contain carbohydrates and some are high in fat. They must be accounted for in the meal plan.*

*The Home Health Aide should check with the visiting nurse and/or therapist regarding what type and amount of exercise the client is allowed to do. He/she should also check if the patient can exercise if the blood glucose level is above 240. The visiting nurse should instruct the client and/or home health aide when the blood glucose should be checked and if the urine should be checked for ketones. If moderate to large amounts of ketones are present in the urine, the client should not exercise.*

*The Home Health Aide needs to observe the patient for signs and symptoms of low blood glucose (hypoglycemia). If the patient experiences symptoms of hypoglycemia, have the client check his/her blood glucose level. If you have been taught how to use a blood glucose meter, it may be appropriate for you to check the blood glucose if the patient is unable to do so. The visiting nurse should instruct the HHA as to what number is considered low and when to give the client a carbohydrate source. If the client cannot check the blood glucose level, the HHA should give the client a carbohydrate source only if the client can swallow. If the client is unable to swallow and appears to be having a hypoglycemic reaction, the HHA should contact emergency services (911).*

*If the client is experiencing any unusual symptoms, exercise should be discontinued and the visiting nurse should be notified immediately.*